

FAMILY AND CONSUMER SCIENCES

COURSE DESCRIPTIONS

COMPREHENSIVE COURSES:

Family and Consumer Science:

Grade Level 8 = Course Code 399070 (**Prior Approval Required, Student cannot repeat in Grades 9-12.**)

Grade Level 9-12 = Course Code 493080

1 Unit = Year Long (each)

Course Description: Family and Consumer Science is designed to provide students with basic information and skills needed to function effectively within the family and within a changing, complex society. Emphasis is given to the development of competencies related to Family, Career and community Leaders of America, family and individual health; relationships; arrangement of personal living space; wardrobe planning and selection; garment care and construction; selection of toys and age-appropriate play activities for children; health and safety procedures related to child care; nutrition and food selection; meal planning, preparation, and service; home management; money management; use of credit and banking services; consumer education; computer use at home, in school, and in the workplace; and career skills. Upon completion of this course, the student should have developed basic life skills that promote a positive influence on the quality of life.

Family Dynamics:

Grade Level 9-12 = 493100

1 Unit = Year Long

Course Description: Family Dynamics focuses on the role of the family in helping individuals develop to their highest potential, in strengthening the community, and in addressing concerns of a global society. Emphasis is given to dynamics of family life, image dimensions of individuals and families, life relationships, responsible parenting, crisis management, resource management, civic responsibility, food and fitness, living environment, clothing and appearance, career planning, and new technologies and trends affecting families. Upon completion of this course, the student should have an understanding of the impact of the family unit on an individual's ability to function successfully in an increasingly complex society.

SEMESTER COURSES:

Child Development:

Grade Level 9-12 = 493020

½ Unit = Semester Long

Course Description: Child Development focuses on skills needed to guide the physical, intellectual, emotional, and social development of children. Emphasis is given to the development of competencies related to the study of children, pregnancy and prenatal development, birth and the newborn, types of growth and development, stages of growth and development, rights and responsibilities of parents and children, needs of children, factors influencing the behavior of children, selection of child-care services, health and safety of children, children with special needs, coping with crises, the effects of technology on child development, and careers related to the area of child development. Upon completion of this course, the student should be prepared to care for and guide the development of a child through all stages of growth—within a family, as a child-care professional, or in other experiences with children.

Clothing Management

Grade Level 9-12 = 493030

½ Unit = Semester Long

Course Description: Experiences in the Clothing Management course are designed to assist students in developing skills necessary for management of individual and family wardrobes, for decision making as a clothing consumer, and for understanding the role of the clothing and textile industry in the economy. Emphasis is given to the development of competencies related to clothing selection; clothing needs of family members; wardrobe planning; clothing care; characteristics of natural and synthetic fibers; types of fabrics and fabric finishes; laws and regulations related to the clothing and textiles industry; use and care of basic sewing supplies and equipment; fabric selection; clothing construction techniques; jobs and careers in clothing and textiles; computer use in clothing and textiles; and effects of technology on the clothing and textiles industry. Upon completion of this course, a student should be able to provide and maintain personal/family wardrobes to meet the needs of individuals. In addition, the student should acquire skills needed for clothing and textiles occupations and develop a knowledge of the impact of technology on the clothing and textiles industry.

Family and Work Connections:

Grade Level 7-8 = 399080

½ Unit = Semester Long

Course Description: Family and Work Connections is a semester course where emphasis is given to the development of competencies related to Family, Career and Community Leaders of America, personal and family development, relationships, home environment, food and nutrition, wellness, resource management, responsible child care, clothing management, and work and family interrelationships. Upon completion of this course, students should show an awareness of futuristic thinking and the interrelationship between work and family life. In addition, each student should exhibit life skills necessary to function effectively in an ever changing, increasingly complex society.

Food and Nutrition:

Grade Level 9-12 = 493110

½ Unit = Semester Long

Course Description: Experiences in the Food and Nutrition course focus on the development of skills needed to select, prepare, and serve food which meets nutritional needs of individuals and families. Emphasis in this course is given to the development of competencies related to nutrition, weight control, the food consumer, the effect of technology on food and nutrition, microwave cookery, kitchen organization and equipment, safety and sanitation, menu planning, serving and eating food, food preparation, eating away from home, and jobs and career opportunities in the field of food and nutrition. Upon completion of this course, students should be able to apply sound nutritional practices which will have a positive effect on their health.

Food Science:

Grade Level 11-12 = 493130

½ Unit = Semester Long

Perkins Improvement Activity: Additional training and equipment required prior to implementation.

Course Description: Experiences in Food Science semester course focus on the scientific method to study the various relationships between food science, nutrition, and food preparation. Laboratory skills developed in measuring, recording, and analyzing data are used to explore these relationships. Experimental methods are employed to analyze food mixtures, food microbiology, food preservations, and complex food systems. Due to the expanding field of food science, students are given insight into career possibilities with the education and training needed, as well as up-to-date information regarding technological advances and future trends in food preparation, preservation, evaluation, and utilization of food.

Housing and Interior Design:

Grade Level 9-12 = 493140

 $\frac{1}{2}$ Unit = Semester Long

Course Description: Housing and Interior Design focuses on personal and family housing needs, options for meeting those needs, and the role of the housing industry in the economy. Emphasis is given to the development of competencies related to housing needs of the individual and family; housing options; trends in housing; financial and legal commitments related to housing; home construction; art principles as applied to housing and interiors; selection, care, and arrangement of home furnishing and appliances; energy conservation; jobs and career opportunities in housing and interior design; and the effect of technology on housing. Upon completion of the course, a student should be prepared to make wise decisions in obtaining and maintaining personal and family shelter.

Human Relations:

Grade Level 9-12 = 493150

 $\frac{1}{2}$ Unit = Semester Long

Course Description: Human Relations focuses on the development of skills needed in order to build and maintain successful relationships in the home, community, and workplace. Emphasis is given to the development of competencies related to personality development, decision-making, communication, relationships outside the family, relationships within the family, and careers in the field of human relations. Upon completion of this course, the student should have a better understanding of self; know how to communicate effectively; and be able to establish and maintain effective relationships with family members, peers, and others.

Leadership & Service Learning:

Grade Level 7-8 = 399090

Grade Level 9-12 = 493160

 $\frac{1}{2}$ Unit = Semester Long

Perkins Improvement Activity: Additional training and equipment required prior to implementation.

Course Description: Leadership and Service Learning emphasis the importance of volunteerism, professionalism, and leadership skills in the development of personal qualities. This course focuses on the benefits of community service, leadership roles, and civic responsibilities. Students are encouraged to explore areas of critical and creative thinking, responsibility, and cultural awareness as they relate to character development. Current technology is used to enhance communication skills and promote professionalism. In addition, academic skills such as math and science are reinforced.

Managing Resources:

Grade Level 9-12 = 493190

 $\frac{1}{2}$ Unit = Semester Long

Course Description: Managing Resources is a non-laboratory semester course designed to assist students in developing an understanding of resources available to individuals and families and ways to manage these resources so that needs and goals are met. Emphasis is given to the development of competencies related to resource management techniques, management of individual resources, resource management for a healthy lifestyle, family life management, resource management for meeting change, resource management in the workplace, financial resource management, credit and investment resource management, consumer resource management, time management, material and human services resource management, natural resource management, and technology as a resource. Upon completion of this course, students should have the ability to focus on available resources to help them manage challenges of life now and in the future.

Nutrition and Wellness:

Grade Level 9-12 = 493200

 $\frac{1}{2}$ Unit = Semester Long**Perkins Improvement Activity: Additional training and equipment required prior to implementation.**

Course Description: Nutrition and Wellness emphasizes the interaction of nutrition, foods, sports and exercise for lifelong fitness and well-being of individuals and families. The course focuses on nutrition as it relates to wellness, sports nutrition and food choices throughout the life span. Teaching responsible eating and exercise habits helps students make wise decisions about food choices for active living and weight maintenance. Current technology is used to encourage students to be active learners and develop critical thinking skills to evaluate relevant nutrition and wellness information. In addition, academic skills in the areas of math, science, language arts, and social studies are reinforced.

Parenting:

Grade Level 9-12 = 493210

 $\frac{1}{2}$ Unit = Semester Long

Course Description: Experiences in the Parenting course are designed to assist students in developing an understanding of the parenting process and of parenting skills. Competencies developed in this course will be useful to anyone who lives with, associates with, or works with children. Emphasis in this course is given to the development of competencies related to the parenthood decision, costs of having and raising a child, child growth and development, effects of heredity and environment on development, rights and responsibilities of parents and children, providing nurturance, guidance techniques for promoting positive behavior, prevention of child abuse and neglect, promoting health and safety of children, caring for the sick or injured child, parenting a "special needs" child, helping children cope with crises, choosing professionals to help with parenting problems, selection of child-care services, jobs and careers related to parenting, and effects of technology on careers related to parenting. Upon completion of this course, a student should possess skills necessary to provide quality care for children—as a parent, as one employed to care for children, or as one who interacts with children in other settings.

OCCUPATIONAL COURSES: (An application to Expand a Program of Study must be submitted the school year prior to implementation of these courses.)**Child Care and Guidance Management and Services:**

Grade Level 10-12 = 493010

1 Unit = Year Long

Course Description: Experiences in this course are designed to provide students with information and experiences in the occupational field of childcare and guidance management and services. Employment opportunities include childcare and guidance, foster care/family day care, and teacher assistants. Emphasis in this course is given to development of competencies related to employability, understanding the child-care profession, child development, health and safety of children, guiding children's behavior, caring for children with special needs and problems, planning management of a child-care program, planning and management of a child-care facility, and the effect of technology in child care and guidance management and services. Upon completion of the course, a student should have gained entry-level skills in child care and guidance management and services, have identified areas of special interest that may be further pursued, have a better understanding of children and their development, know what to look for when seeking child-care services, and have enhanced employability skills which will be of benefit regardless of the occupation or career in which employed.

Introduction to Culinary Arts

Grade Level 9-12 = 493250

½ Unit = Semester Long

Pilot Program: This course only available to pre-selected schools during the 2004-05 school year.

Course Description: Introduction to Culinary Arts is a semester course designed to introduce students to the culinary arts profession. Emphasis in this course is given to the development of basic competencies related to the culinary arts profession, basic menus and recipes, standardization and kitchen procedures. Upon completion of this course, students will be introduced to skills needed for employability, customer relations, menu planning, recipe use, weights and measures, conversions, budgeting, safety and sanitation, organizing for efficiency and lab procedures.

Culinary Arts I

Grade Level 10-12 = 493250

1 Unit = Year Long

Pilot Program: This course will be available to pre-selected schools during the 2005-06 school year.

Course Description: This course is currently under development. It will be available for the 2005-06 school year.

Culinary Arts II

Grade Level 10-12 = 493250

1 Unit = Year Long

Pilot Program: This course will be available to pre-selected schools during the 2005-06 school year.

Course Description: This course is currently under development. It will be available for the 2005-06 school year.

Facilities Management, Maintenance and Services

Lodging Management I Grade Level 11-12 = 493170

Lodging Management II Grade Level 11-12 = 493180

1 Unit = Year Long

Course Description: Lodging Management Program, a School-to-Career initiative prepares student for the adult working world, offering on-the-job experiences before graduation. This two-year industry-based course prepares students with motivating learning activities to increase students' interest in and understanding of the hotel/resort field. The focus is on industry orientation, careers, guest relations, professionalism, organization of hotels, reservations, the front office, housekeeping, and security/safety. Students, after completion of Lodging Management I and Lodging Management II, and 400 hours of hospitality internship related work experience, can receive national HBA/Lodging Management Certification after passing a national lodging management exam.

Food Production, Management and Services:

Grade Level 10-12 = 493120

1 Unit = Year Long

Course Description: Experiences in this course are designed to help students become aware of career opportunities and competencies required in the occupational area of food production, management, and services. Emphasis in this course is given to the development of competencies related to employability; technology in food production, management, and services; sanitation and safety; nutrition as related to food service; serving of food; purchasing, receiving, and storing of food supplies; production and management of food; use, care, and storage of large and small commercial food service equipment; menu planning; and modified diets. Upon completion of this course, a student should have gained entry-level skills needed for employment in institutional, commercial, or self-owned food establishments; have identified areas of special interest related to food service; and have developed skills required for obtaining and maintaining employment.

Orientation to Teaching:

Grade Level 10-12 = 493240

1 Unit = Year Long

Pilot Program: This course only available to pre-selected schools during the 2004-05 school year.

Course Description: Orientation to Teaching is a course designed to provide students with information and experiences in the field of education. Students from the class plan and direct individualized instruction and group activities, prepare instructional materials, assist with record keeping, make physical arrangements and complete other responsibilities of classroom teachers. The students are involved in observations as well as direct student instruction; placement rotations are utilized to allow students to have experiences in a full range of education career roles, grade levels, subject areas, and ability groups. Upon completion of the course, a student should have identified areas of special interest that may be pursued further, have a better understanding of the teaching profession, and have enhanced employability skills which will be of benefit regardless of the occupation or career in which employed.

PROSTART

ProStart I Grade Level 11-12 = 493320

ProStart II Grade Level 11-12 = 493230

1 Unit = Year Long (each)

Perkins Improvement Activity: Additional training and equipment required prior to implementation.

Course Description: ProStart is a School-to-Career initiative that prepares students for the adult working world by offering on-the-job experience before graduation. This two-year industry-based course prepares students for careers in the restaurant and foodservice industry. Students gain valuable restaurant and foodservice skills through their academic and workplace experiences. Students who complete ProStart I, ProStart II and 400 hours of hospitality related work experience, are eligible to take the national ProStart exam, and if passed, receive national HBA/ProStart certification.